

Staying Regular

Regular Bowel Movements...



...It's Important to Your Child's Health

1. Making sure that your child has a soft and log-formed bowel movement on a regular basis is important
2. There are several things that you can do to help your child to stay regular:
 - ✓ Give your child plenty of fluids to drink to keep the stool soft
 - ✓ Serve your child foods high in fiber like fruits and vegetables- they are natural stool softeners
 - ✓ Encourage your child to keep active- physical activity helps stool to move through the body
 - ✓ Teach your child to take on the responsibility for ensuring that his/her bowel movements are soft, formed, and occur on a regular basis
 - ✓ Fun ways to get the stool out include laughing, blowing bubbles, coughing, and grunting
3. You should call your health care provider if your child goes more than 2-3 days without a bowel movement
4. Your child has become constipated if your child's stools become hard, small, and ball-shaped- call your health care provider for information on how you can help your child get back to normal (every child is different and what may work for one child may not be best for another)

